

The Leaf

July 2016

St. Clair Street
Senior Center
Living Every Adventure Fully

Happy 4th of July!



FROM THE DIRECTOR



Connie C. Rigsby
Center Director
Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

DOG DAYS ARE HERE

The Dog days of summer are here and I wanted to share a recent article concerning Pets in Cars and a new Tennessee law. We hope that our senior participants will have a better understanding of why this practice is not safe.

“Save Pets From Hot Cars” **by Kathryn Robinson**

A new Tennessee law now allows people to break into hot cars if an animal is trapped inside — without fear of punishment.

The law, which went into effect on July 1st, extends the states’ good Samaritan law from including just kids, to pets too.

It protects individuals from civil liability for any damages caused while trying to rescue a child or an animal in danger.

Steps must be taken to ensure the car is locked, that the child or animal is in imminent danger of suffering harm if not immediately removed and notifying law enforcement.

The ASPCA said they strongly support giving law



enforcement and good Samaritans the ability to intervene and protect animals suffering in hot cars.

“It takes only minutes for a pet to face death — on a 78-degree day, the temperature inside a parked car can reach 160 degrees, even with the windows cracked,” Chloe Waterman, senior manager of State Legislative Strategy for the ASPCA.

Tennessee joins only 16 other states with statutes in place protecting animals in hot cars, according Michigan State University’s Animal Law Center.

“Although many states do not have a law that specifically addresses leaving pets in hot cars, this act can constitute a violation of the cruelty code depending on the circumstances,” Waterman said.

July programs are as hot as the weather outside. Check out these programs; July 1st our Patriotic Party, July 16th our 50’s/60’s Flair Dance and new beginning dulcimer classes. A reminder that the Center will be closed on the following dates for the 4th of July holiday; Saturday, July 2nd and Monday, July 4th. The center will also be closed on Wednesday, July 13th for staff training. We wish everyone and Happy and Safe 4th.

Your Director, Connie C. Rigsby

SUPPORT GROUPS AT ST. CLAIR

Alzheimer’s Association Support Group “Share the Care” meets the second Friday of each month at 12:00 n. to provide emotional, educational and social support for family caregivers of those diagnosed with Alzheimer’s or dementia. Contact Cindi Thomas for more information at 615-848-2550 ext. 2506.

Memory Cafe meets in Murfreesboro at Through the Grapevine on the third Monday of each month from 2:00-3:00 p.m. and provides a relaxed, friendly occasion for persons with Alzheimer’s or other memory loss issues and their caregivers to talk, laugh and experience friendship. Dessert, coffee and iced tea will be served. Contact Cindi Thomas for more information at 615-848-2550 ext 2506.

Grief Relief Support Group meets the third Friday of each month at 10:00 a.m. and is for those individuals that are in need of emotional and physical support in a safe and nonjudgemental environment. Grief can be: death, marriage/divorce, retirement, health, work, living conditions, financial state, relationship with family, friends or co-workers.

Parkinson Support Group meets on the third Saturday of the month at 1:30 p.m. This group offers educational programs and guest speakers for those afflicted with Parkinson’s disease and welcomes Parkinson patients and family members to join us for education, support and friendship. Contact Dee Brown at 848-2550 ext. 2504 for more information.

Labor of Love Caregiver Support Group meets on the fourth Friday of each month at 12:00 n for general questions, answers and support. A light lunch is provided. This support group offers compassion and advice for caregivers of seniors with Alzheimer’s, dementia, the disabled and the chronically ill. Contact Cindi Thomas at 848-2550 ext. 2506 for more information. Please be sure to tell others who may benefit from this group.



EXCITING NEW WRITING CLASS COMING SOON!

We would like to welcome Jayne Stewart as a new instructor. She is a published writer and we are excited to have her with us.

Everybody has a story. If you are interested in putting your stories into words, **Write Now!** is the place for you. **Write Now!** is an informal memoir/creative writing class designed to inspire and equip aspiring writers with the tools they need to create provocative, well-written stories.

The class will be ongoing throughout the year, with each month having a different writing theme. Your stories will be combined to create a memoir to be cherished by family and friends. Class meets Mondays from 1:30-3:00 p.m. Classes will continue on Mondays going forward into the following months. Sign up in July to reserve your spot. Classes begin in August. The class fee is \$20 per month. Please bring a notebook, pen and memories of days gone by. Be ready to watch those memories spring to life as the class evolves!

The class will include creative writing instruction and tips, writing prompt activities, and in-class time to work on your project. Time will be allotted at the end of each class to share your work with fellow writers for positive input and critique. Ms. Stewart will guide and assist writers as they organize and write narratives that will delight family, friends, and anyone who loves a good story!

If the class would like to hold occasional "Writing Room" presentations, Ms. Stewart will discuss the format for doing so. Writing Rooms are great fun, and they provide the opportunity for writers to share their work at the Center and in various community settings.

Compiling your stories and printing your work into book form is another option that will be available for participants. Your stories are waiting to be told. What are you waiting for? The time is Write Now!



Brenda Elliott
Program Coordinator
Office Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

50s & 60s FLAIR DANCE SATURDAY, JULY 16

7:00-10:00 p.m.
Doors Open at 6:30
p.m. \$5 at the door.

**Music by
NASHTONES**



Lisa Foster
Program Coordinator
Office Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

Piecing and Hand Quilting for Beginners: Due to positive feedback and success in the first beginners class, we are offering Piecing and Hand Quilting for Beginners again on Wednesdays in August. Students will learn how to choose fabric, cut the material, put the pieces together, hand quilt, and bind the quilt. Students will work on a small quilt project. Cotton material and batting are provided. See page 16 for information and how to sign up for the class.

Senior Center Art Show: Just giving all of you talented artists out there a heads up. Our Senior Center Art Show will take place Thursday, September 1 and Friday, September 2 this year. Look for sign up information in the August Newsletter. If any of you would like to do some hands-on demonstrations during the show, contact Brenda Elliott to brainstorm.

Chess Anyone? Let's play Chess! Several participants have requested that we have Chess games in the center. We have reserved a room from 10:00 a.m. – 2:00 p.m. on Thursdays, July 14, 21 and 28 for that purpose. If you want to play Chess, give the reception desk a call and sign up for one or all of these dates. All games must finish each day as the game set cannot be left out. If anyone has a Chess Set they don't mind bringing in to use, please do so. When the new fiscal year purchasing begins, we will see how many participants are interested and purchase a few Chess Sets for your use.

Spanish Classes: Have you ever wanted to learn a new language? Learning a language helps keep your mind alert and your brain healthy! We offer Spanish classes here at St. Clair. Instructor Cynthia Borzick makes learning Spanish fun. If you are interested in learning Spanish, please sign the interest list at the receptionist desk sometime during the month of July.



By Amanda Pullias
ADS Coordinator
ADS Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

ADS HAPPENINGS

By Amanda Pullias, Adult Day Service Program Coordinator

The staff and participants in ADS are blessed with good volunteers who enrich our lives as they share their talents. The past few months we have featured a different volunteer each month. This month we are happy to fea-

ture Shawn Fand. Shawn has volunteered for the Ads since December 2015. Shawn has been a nurse since 2004 and is an experienced surgical nurse. "Having been in the medical field, I never was able to experience geriatric nursing, but I really enjoy working with the older people", Shawn said.

Shawn enjoys gardening, animals, nature walks with her husband and traveling. She has daughters, both grown and graduated from college. She also enjoys helping her mother who is one of the Senior Center "Clowns" who spread joy in the community. Shawn helps with special activities in ADS and we really appreciate her smile and her kindness to our participants.

The ADS participants sprang right into June with late spring activities. We've been watching the crookneck squash, peppers, green beans and a bumper crop of tomatoes grow. We went on an outing to Goodwill and enjoyed an indoor picnic afterwards. ADS participants also celebrated June with a Father's Day luncheon and making

framed photographs of the men in our group. Nothing says summer like baseball, so we celebrated America's great tradition by making our own personalized baseball cards and playing our own version of baseball. We celebrated the first day of summer by making milkshakes.

Looking ahead, we'll be patriotic in July as we celebrate this nation's independence and our freedoms. While we'll be closed on Independence Day, we'll be making crafts and enjoying patriotic art, trivia and games. We'll cel-

ebate "National Sugar Cookie Day" on July 8th and we will enjoy going outside on "tolerable" days this summer. We will have some "Fun in the Kitchen" frying the squash we are growing and enjoying the ripe juicy tomatoes from our tomato garden. We're doing a "gorgeous Grandma" day in July with hand massages and manicures.

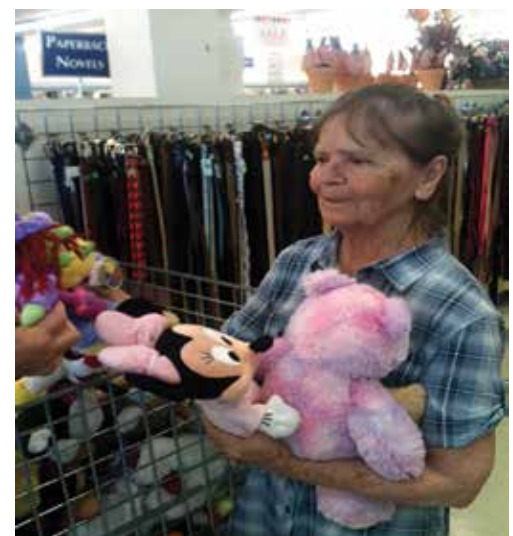
We want to remind people who vis-

it the ADS to make sure they do not leave pets in vehicles because the temperature rises dangerously in automobiles.

We urge our participants and families to drink extra fluids and wear sun protection to avoid health problems. Let's have a wonderful, healthy summer and make sure **LIFE IS GOOD in the ADS!**



Larry Short demonstrates corn hole expertise at the ADS Family Fun Night.



Betty enjoys the stuffed animals on the ADS shopping outing to Goodwill.

ADVANCED CARE PLANNING

Advanced Care planning is not just about old age. At any age, a medical crisis could leave someone too ill to make his or her own healthcare decisions. Even if you are not sick now, making healthcare plans for the future is an important step toward making sure you get the medical care you would want, even when doctors and family members are making the decisions for you.

More than one out of four older Americans face questions about medical treatment near the end of life but are not able to make those decisions when the time comes.

Advanced care planning is about learning the types of decisions that might need to be made, considering those decisions ahead of time and then letting others know about them. An Advanced Directive is a legal document that goes into effect only if you are unable to speak for yourself. This could be the result of an illness or a severe injury, no matter how old you are. The Advance Directive allows you to

express your values and desires about end of life care. Some of the questions that often arise are the use of a ventilator, artificial nutrition (feeding tube), artificial hydration (intravenous fluids) and CPR. These are all decisions that you can make and you can be assured will be respected if the situation arises.

On Thursday, July 7th at 9:30 a.m.

we will have representatives from Legal Aid of Middle Tennessee here to discuss Advance Directives, answer your questions and assist in filling out the documents if you choose to do so. This is a great opportunity to learn more and have everything done in one place. There is no cost and your document can also be notarized at the same time. There is no need to sign up for this event.



By Dee Brown
Care Program Specialist
Office Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

FARMER'S MARKET TRIPS

We will be making our way to the Rutherford County Farmer's Market on **Friday, July 8th and Friday, July 22nd**. I don't know about you, but I always start thinking about "real" tomatoes in July, they will be abundant, and if anything like previous years there will be many varieties to choose from. Of course, it goes without saying that the market will be bursting at the seams with all kinds of beautiful produce.

There is no cost for the ride to the market, but you do need to call no later than the day before to tell us if you plan to go. We leave at 8:30 a.m. and return no later than 10:00 a.m. We will not be able to go unless we have at least 5 individuals interested, so plan ahead and get your name on the list. Also remember: if you are a SNAP recipient you will receive \$10 in tokens for every \$10 you spend using your card.

COMING IN AUGUST: POWERFUL TOOLS FOR CAREGIVERS

We are currently taking reservations for our new 6 week class, Powerful Tools for Caregivers. This evidence-based program is being offered to all caregivers who would like to learn new strategies for coping with the day to day challenges of caregiving.

This class has been proven effective in reducing stress and in improving the overall health of caregivers. In the 6 weekly classes, family caregivers learn self-care tools to: reduce personal stress, change negative self-talk, communicate more effectively in challenging situations, manage emotions and make tough decisions. There

is no cost for this program and each participant will receive a very comprehensive workbook that can be used during the class and kept to be referred to after the completion of the class. We do ask though that individuals try hard to commit to the full 6 weeks, the effectiveness of the class is based on learning all the "tools". Cindi Thomas and Dee Brown are certified trainers for this program and will teach this class as co-leaders. Please contact Cindi or Dee at (615) 848-2550 to make a reservation for this class. We expect to begin the first class in mid-August, please contact us for the exact date.

Volunteer Corner • July 2016



By Carol Ransom
Administrative Support Specialist
Hours: Monday-Friday
8:30 a.m.-1:30 p.m.

July is the month that our volunteers are required to update their volunteer forms. You can pick up a volunteer form from the desk or stop by my office. Be sure and sign in all four signature blocks. This is not just for a required background check but to keep our records accurate of your contact information and volunteer interests.

Would you like to be more involved with your local community? Why not volunteer at a local agency? To find volunteer opportunities to match your skills and talent check out these links:

- Volunteermatch.org
- Volunteerrutherford.com
- Greatnonprofits.org

This is a great way to meet new people and to learn something new! Have a great summer!



THANK YOU! **BEESLEY ANIMAL FOUNDATION** **FREE RABIES CLINIC**

Wow! What a great turnout we had! On May 6th & June 3rd. Beesley Animal Foundation gave 40 dogs and 35 cats their rabies shots and appropriate vaccinations. A total of 75 animals were serviced by Beesley Animal Foundation in the free clinic which took place in our lower dining room. If you would like to say “**THANK YOU**” to Beesley Animal Foundation, they are in need of some items in the clinic. You may drop off items at Beesley Animal Clinic, 2215 Keenland Commercial Blvd. or bring them to Brenda Elliott’s office July 18 through July 28.

Items needed by Beesley Clinic include: paper towels, liquid hand soap, bathroom tissue, clorox cleanup wipes, copier paper, bath towels (new), small sticky notes, air freshener spray, and sandwich bags-zip close.



CARING FOR THE CAREGIVER

Summer is here! Do you have a thirst for travel?

When the life of working, parenting and paying off mortgages have passed, many retirees and seniors desire to travel. But before you book that Caribbean cruise or sign up for a trip abroad or even Canada, it's important you make sure your health insurance is ready to travel with you especially if you have Medicare. If you're planning on traveling to Puerto Rico, Guam, the U.S. Virgin Islands, or other United States territories, Medicare will cover you just as it would if you were within the continental United States. The supplies and services covered while you're at home would also be covered on your visit to any of these locations.

However, if you're planning on traveling somewhere other than a United States territory, it's important to realize your Medicare coverage will be extremely limited, at best. Plan on paying the full cost of any medical services you receive, as Medicare typically doesn't cover any supplies or services rendered outside of the United States, except in a few very specific circumstances. One such situation would be if you were on your way to vacation in Alaska and had a health emergency that couldn't be effectively treated at a nearby

American hospital, but could be handled by a Canadian hospital close to your route. In this case, Medicare may cover some of the health services you received at the Canadian hospital. There are a few things worth noting in these very specific situations:

- Your coinsurance, deductible and copays still apply even though you are outside of the United States.
- Unlike hospitals in the United States, foreign hospitals are not required to file a Medicare claim on your behalf. That means if you do receive covered treatment outside the country, it is up to you to collect itemized bills for all of the services you received and submit them to Medicare.

You may ask will Medicare pay for prescriptions or routine treatments while I'm traveling internationally. The answer would be No. If you're traveling abroad and need a prescription drug or require a routine, non-emergency treatment like dialysis or blood monitoring, you'll need to pay out-of-pocket for these costs.

You may also ask does Medicare cover me while I'm on a cruise. The answer is maybe, it depends on where the cruise ship is when you receive medical services. If the ship is within

six hours of a United States port when the services are rendered, you're covered, even if the situation is not considered an emergency. If you're more than six hours away or outside U.S. territorial waters, you are not covered.

When it comes to your travel adventure, a little bit of planning goes a long way.

If you're planning on traveling outside the country and want to supplement your Medicare coverage with a plan that offers coverage abroad, you may want to consider a Medicare Supplement Insurance (Medigap) policy, sold by private companies, can help pay some of the health care costs that Original Medicare doesn't cover, like copayments, coinsurance, and deductibles. Contact your travel agent or Medicare office to research your options and what you may need to protect yourself and have a well-deserved trip.

Have a great summer! Cindi



*By Cindi Thomas,
Caregiver Information
Coordinator
Monday-Friday
9:30 a.m.-1:30 p.m.*

CAREGIVER PROGRAMS

GRIEF SUPPORT



St. Clair Street Senior Center

10:00 -11:30 A.M. 3rd Friday of each month

Come take this journey with individuals that are in need of emotional and physical support in a safe and non-judgmental environment.

Death/Marriage/Divorce/Retirement/Health/Work /Living Conditions/Financial state/Relationship w/ family, friends, co-workers



Memory Café in Murfreesboro-

3rd Monday of each month
2:00-3:00 P.M. @

Through the Grapevine Restaurant

630 Broadmor Blvd. Suite 190
Murfreesboro, TN 37129

The Memory Café provides a relaxed, friendly occasion for persons with Alzheimer's or other memory loss issues and their caregivers to talk, laugh, and experience friendship.

Dessert, coffee, and iced tea will be served.

"SHARE THE CARE"

This support group is to provide emotional, educational, and social support for family caregiver's of those diagnosed with Alzheimer's or dementia.



The 2nd Friday of each month @
12:00 noon



The 3rd Thursday of each month
11:30 A.M. -1:00 P.M.

Programs during the lunch hour to help educate and inform participants about their environment, health subjects, financial planning and community resources.

Labor of Love Caregivers Support Group

The 4th Friday of each month
12:00noon -1:00 P.M.



The Caregivers Support Group is for relatives caring for the elderly with chronic illness & Alzheimer's disease

BlueCoast ^{proudly} SUPPORTS

alzheimer's  association

Join us **Wednesday, July 13th** from 11am - 9pm
at our Murfreesboro location.

Just say "The Alzheimers Association" when you order and we'll donate 10% of your sale!

Invite your friends, family, neighbors & strangers!
Every "Alzheimers Association" order helps!

Murfreesboro
1122 Memorial Blvd

494-3781



Follow
the Sun
to the
Coast

www.bluecoastburrito.com

EXERCISE

LET'S SEPARATE FACT FROM FICTION!

So we have all heard that we should exercise; that's a no brainer, right? Well then, why aren't you? For some of us the idea of exercise brings about images of running for hours at a time, making strange movements to music, or even wearing spandex. While these are what some folks choose to do, I assure you they are not your only options. To contribute to good health you do not have to devote hours of your day to sweating. Taking as little as 15 minutes a day to exercise can make a difference!

Regular exercise, as little as one hour of walking a week, can reduce your risk of high blood pressure, heart attack, stroke, diabetes, and other health problems. According to Dr. Harvey Simon, associate professor of medicine at Harvard, affiliated Massachusetts General Hospital, if you are exercising for health, it takes very little effort to see enormous benefits. For years Dr. Simon tried to get his patients to run so they could experience the aerobic benefits but he would become discouraged because they would not join him in his marathons. As evidence mounted that moderate exercise was also beneficial, he switched tactics and got his patients walking. They saw their weight, blood pressure, and cholesterol numbers fall and this encouraged them to continue with their modest activity. So what is moderate? If you are walking, moderate walking is a purposeful walk, like you've got somewhere to go. You should still be able to talk in full sentences as you walk but your breathing is more noticeable. A brisk walk is like you are in a bit of a hurry, breathing a bit harder, yet you are still able to have a conversation. Brisk is great but you will also reap benefits from moderate walking.

Another reason people do not exercise is because they have arthritis and it hurts to move. However, if you will move regularly your pain will lessen and the muscles around your joints will become stronger. Start out slowly and avoid high impact exercises such as running or jumping. Water aerobics classes are an excellent choice for those with arthritis, as is a beginning exercise class such

as **Go4Life**, which we have right here at the senior center! I teach one of these classes and have had several folks tell me they have had a decrease in pain, or even no pain, since taking this class.

Another concern people have is fear of falling, especially if they have balance issues. Again, one thing that may reduce your fall risk is exercising to strengthen your muscles as well as improve your balance and coordination. Pilates, yoga, and tai chi are classes that can help you build the right muscles for better balance. We offer a fall prevention class here at the center

twice a year called **"Stepping On"**. This program teaches you exercises to improve your balance and also gives you a lot of other wonderful information related to balance and falls. Talk to me if you would be interested in this class and we'll see if it is a good fit for you.

"Exercise is boring" and "I don't like doing things by myself" are more reasons folks have for forgoing an exercise routine. The answer to these issues is joining a class so you can enjoy the social aspect, which is also good for brain health! As we age it

is easy to become socially isolated but this is actually an important time in life to nurture existing relationships and start new ones. Not only are relationships good for you emotionally and socially, they are also good to keep you accountable in your fitness life. Having someone to encourage you to keep at it can make a difference on those days you just can't seem to get motivated. If money is an issue for you, **Silver Sneakers** is a program offered through many Medicare plans, is designed for seniors, and is low or no cost. Check with your insurance to see if this is something you can take advantage of. We also have a number of classes here at the center and many of them are free. So, no matter what your excuses have been, you can better your health and the rest of your life, too, by implementing what you just learned!



Laura Grissom, LPN
Nurse
Hours: Monday-Friday
9:15 a.m.-2:15 p.m.





ASK THE DOCTOR

VASCULAR HEALTH & WOUND CARE

Thursday, July 28, 10:00 a.m. – 11:30 a.m.,

Dr. Charles Drummond will come and speak on vascular health and chronic wounds. Do you have tired, heavy legs, varicose veins, PAD? These and other issues with veins and arteries, as well as wound care, will be discussed by this medical director and

owner of TN Vascular & Thoracic Surgical Associates. After the class, there will be ABI screenings for peripheral arterial disease, as time allows. Please sign up for the class by Monday, July 25 and indicate if you are interested in the ABI screening.

Walk with Ease

a program for better living®

Experience the
Walk with Ease Program
Arthritis Foundation Certified
Doctor Recommended
Class Beginning in July



“When I started the program, I was afraid to walk very far because of my knee pain. But Walk with Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.” - *Walk with Ease participant*

The Arthritis Foundation Walk with Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease.

Benefits to You!

Walk with Ease will help you:

- Motivate yourself to get in shape
- Walk safely and comfortably
- Improve your flexibility, strength, & stamina
- Reduce pain & feel great

Classes are one hour each, three times per week for six weeks.

This is an evidence-based program.

Classes are at St. Clair on

July 6-August 15

Monday, Wednesday & Friday

10:00-11:00 a.m.

Class is limited to 10.

Sign up now to reserve your spot!

There is no cost for this class.

Tennessee Technology Center Field Trip

On the third Wednesday of this month we take a trip to the Tennessee Technology Center to provide non-medical nail care and hair care for our seniors. This month's trip will be on July 20. There is an annual fee of \$5 due on your first trip and services are \$5 each: shampoo/set, haircut, or nails. We will leave the center at 9:30 a.m. so you need to be here at 9:00 a.m.

If you would rather go on your own or on another date, you can call 615-898-8010 ext. 118 to make an appointment. If you want to have more than two services done, you will need to go on your own due to time constraints.

Please sign up at the reception desk by Friday, July 15 and let them know if you use a wheelchair. There is a limit of 10.

GO 4 LIFE: Fit Exercise & Activity Into Your Daily Life!

If you have never exercised or if you stopped exercising for some reason, let us help you get moving! Go4Life is from the National Institute on Aging and their goal (and ours) is to improve the health and well-being of older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. We are a “do it at your own pace” class for folks on many different fitness levels so join us on Tuesdays & Thursdays from 1:00-2:00 p.m. or Wednesdays & Fridays from 9:15-10:15 a.m. in the exercise room and improve your health! There is no fee for this class, just speak with the nurse if you are interested.

Blood Pressure Clinic: Did you realize high blood pressure is a leading cause of heart disease and stroke? The blood pressure clinic is every Monday from 9:30 a.m. until 11:30 a.m. in the nurse's station. We have wonderful health-care providers here each week to help you keep track of your numbers. High blood pressure often has no symptoms but can be a risk factor for heart disease or stroke. If you haven't been checking your BP, start this Monday

REGULAR EVENTS

CARDS: PINOCHLE, CANASTA, SPADES, UNO, SKIP BO, ROBESON BRIDGE, HEARTS, SPADES are played every day, all the time, in some shape or form. Usually it's just a group of people getting together and playing. Some games have scheduled times. If you are interested, stop by the card room, introduce yourself and ask about joining the fun! **CERAMICS WITH JO ANN** Meets on Wednesdays at 12:00 n. The Ceramics class is taught by Jo Ann Shreve.

CHICKEN FOOT (DOMINOES) Meets Mondays, Wednesdays & Fridays at 8:15 a.m. and on Tuesdays & Thursdays at 12:30 p.m. Stop by and introduce yourself and start playing.

"CLUB KARAOKE" on Wednesdays at 1:00 p.m. Join us in the lower dining room for singing or just come to watch! Bring your friends!

CROCHET GROUP Meets Tuesdays from 12:00-3:00 p.m. Bring your yarn and hooks and join this new way of crocheting.

JAM SESSION meets Thursdays at 1:00 p.m. Do you play a musical instrument or enjoy just listening? Then make plans to join this group of talented musicians who get together in the lower dining room and "jam." Stop by to listen or to play.

KNIT GROUP Meets Tuesdays & Fridays from 10:00 a.m.-12:00 N. Bring your yarn and needles and join them for critiques, instruction and inspiration.

MURFREESBORO DUPLICATE BRIDGE Meets Mondays & Fridays at 9:45 a.m. If

you are interested in playing stop by and introduce yourself & find out more.

OPEN PLAY for Wii Bowling is in the lower dining room on Fridays at 1:00 p.m.

PARTY BRIDGE Meets Thursdays at 12:30 p.m. Stop by and introduce yourself for more information on this group.

PIANO FOR PLEASURE CLASSES Taught by Jane McNulty classes meet Tuesdays at 9:00 & 11:00 a.m. depending on level. This is an ongoing class for as long as you are interested in taking it. The monthly fee is \$50 per person per month.

POOL ROOM is open whenever the Center is open for free play. Pool Tournaments are held monthly for women, men and coed & require sign up prior to participating. Sign up sheets are in the pool room on the information board. Special tournaments are held at various times throughout the year. Check the monthly calendar for those.

PUZZLE ROOM: Not much explanation needed. Puzzles are available to work any time the Center is open.

QUILTING AT ST. CLAIR Meets Tuesdays & Thursdays from 10:00 a.m.-2:00 p.m. This talented group quilts masterpieces. Stop by the quilt room for more information on joining or having a piece quilted.

SATURDAYS ST. CLAIR is open from 12:30-3:30 p.m. While there are usually no structured activities the facility is available for: Pickup card games, the library, fitness room, walking trail & pool.

Occasionally special events & activities are planned on Saturdays. Check the monthly calendar & the class/event & trip section for those activities.

SENIORS ACTING UP! Meets Thursdays at 1:00 p.m. Always wanted to act? Seniors Acting Up! is the Center's drama group. After picking and planning the show, the group rehearses, builds sets and hones their performances. The shows are usually on Friday nights. If you are interested in joining please speak to Lisa Foster, Program Coordinator.

SENIOR ARTISTS Meet on Wednesdays at 12:00 n. Welcoming all artists of any medium who enjoy creating while socializing with others. Each person brings in a project, painting, etc. from home. They often critique each other, if asked, and have fun creating beautiful art. Bring in your project and see what "Senior Artists" is all about.

STAINED GLASS WITH FIONA will NOT meet in July.

ST. CLAIR SINGING SENIORS Meet Mondays at 1:00 p.m. Under the direction of Charlie Parker, our ensemble of vocally talented individuals rehearse and then perform in the community and at the Center throughout the year. If you are interested in joining please speak to Lisa Foster, Program Coordinator.

ST. ROSE BRIDGE Meets the 2nd Thursday at 9:00 a.m. Stop by and introduce yourself for more information on this group.

HAPPY CLOWNS OF ST. CLAIR *Clown Alley 402 registered with Clowns of America International*
Happy Clowns will NOT meet in July!

Friday, August 12, 1:00-3:00 p.m. Class and Rehearsal.

Want to spread joy to the world and be a clown? Join us at the August rehearsal to learn more.
Bring your smile and a fun spirit.



JULY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>TAI CHI</p> <p>Look in August's LEAF newsletter to find out when to sign up for the NEW Beginning Tai Chi class that Eli Smith is offering. It will begin in September.</p> <p>Current Tai Chi class students, you will be advancing to Intermediate Tai Chi class with Eli. Your class time will not change. Sign up for Intermediate Tai Chi in August!</p> <p>NO Stained Glass Classes in July</p>	<p>Please continue to park in the lower lot when going on a day trip. We will soon move day trip parking to New Vision Baptist Church</p> <p>Also, please remember that we strive to return from trips on time if not early. However, there can always be unknown delays that are unforeseen that may cause a trip to return later than expected.</p>	<p>Coming Soon!</p> <p>Friday, August 12</p> <p>LUAU DANCE</p> <p>Doors Open at 6:00 p.m.</p> <p>Hors D'oeuvres at 6:30 p.m.</p> <p>Dance at 7:00 p.m. to music by</p> <p>Debi Bailes Band</p>
<p>4</p> <p>CENTER IS CLOSED</p> <p>HAPPY 4TH OF JULY</p>	<p>5 DEADLINE 07/05 CONVERSATIONAL SPANISH CLASS</p> <p>9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Knit Group</p> <p>10:00 a.m. Mountain Dulcimer for Beginners</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Group 2</p> <p>12:00 n Crochet Group</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. National Senior League Wii Bowling</p> <p>2:15 p.m. Conversational Spanish Part 1</p>	<p>6 DEADLINE 07/06 BEGINNING COMPUTER CLASS</p> <p>10:00 a.m. Walk with Ease</p> <p>12:00 n Senior Artists</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Detain the Strain</p> <p>1:00 p.m. Beginning Computer Class</p> <p>1:00 p.m. Club Karaoke</p>
<p>11</p> <p>9:00 a.m. Coed Pool Tournament</p> <p>10:00 a.m. In the Garden with Jack</p> <p>"Good Plants & Shrubs for Birds"</p> <p>10:00 a.m. FCE Better Living Group</p> <p>10:00 a.m. Walk with Ease</p> <p>11:00 a.m. Trailblazers to Rock Island State Park</p> <p>1:00 p.m. Beginning Computer Class</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>12 DEADLINE 07/14 SUMMER LAWN & GARDEN</p> <p>9:00 a.m. Piano Group 1</p> <p>9:30 a.m. New Participant Orientation</p> <p>9:30 a.m. Savory Spice in Franklin, TN</p> <p>10:00 a.m. Knit Group</p> <p>10:00 a.m. Mountain Dulcimer for Beginners</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Group 2</p> <p>12:00 n Crochet Group</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. National Senior League Wii Bowling</p> <p>2:15 p.m. Conversational Spanish Part 1</p>	<p>13</p> <p>CENTER IS</p> <p>CLOSED TODAY</p>
<p>18</p> <p>9:00 a.m. Ladies' Pool Tournament</p> <p>9:15 a.m. Grand Old Golf Trip</p> <p>10:00 a.m. Walk with Ease</p> <p>1:00 p.m. Beginning Computer Class</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>19 DEADLINE 07/21 NORTHSIDE CLOCKS</p> <p>9:00 a.m. Men's Pool Tournament</p> <p>9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Knit Group</p> <p>10:00 a.m. Mountain Dulcimer for Beginners</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Mystery Lunch Trip</p> <p>11:00 a.m. Piano Group 2</p> <p>12:00 n Crochet Group</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. National Senior League Wii Bowling</p> <p>2:15 p.m. Conversational Spanish Part 1</p>	<p>20 DEADLINE 07/22 ARTS CENTER TRIP</p> <p>DEADLINE 07/23 SATURDAY ADVENTURE</p> <p>9:30 a.m. Tennessee Technology Center Trip</p> <p>10:00 a.m. Walk with Ease</p> <p>11:00 a.m. Mystery Lunch Trip</p> <p>12:00 n Senior Artists</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Beginning Computer Class</p> <p>1:00 p.m. Club Karaoke</p>
<p>25 DEADLINE 07/28 MIXED MEDIA</p> <p>DEADLINE 07/28 ASK THE DOCTOR</p> <p>DEADLINE 08/08 WRITE NOW CLASS</p> <p>8:30 a.m. Center Commission Meeting</p> <p>9:30 a.m. Frist Center presents Bellissima!</p> <p>10:00 a.m. Walk with Ease</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>26</p> <p>9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Knit Group</p> <p>10:00 a.m. Mountain Dulcimer for Beginners</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Group 2</p> <p>12:00 n Crochet Group</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. National Senior League Wii Bowling</p> <p>2:15 p.m. Conversational Spanish Part 1</p>	<p>27</p> <p>10:00 a.m. Walk with Ease</p> <p>12:00 n Senior Artists</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Club Karaoke</p>

THURSDAY	FRIDAY	SATURDAY/SUNDAY
TRIVIA GROUP Our trivia group meets on Thursdays at 1:30 p.m. We would LOVE to have your join us! We have great fun challenging our brains and memories. Trivia is a great way to keep your-self brain-healthy! Try it! You'll be glad you did!	1 DEADLINE 07/06 WALK WITH EASE CLASS 8:30 a.m. Smithville Jamboree 9:00 a.m. Painting with Liz "Waterfall" 10:00 a.m. Knit Group 12:30 p.m. Patriotic Party	2 CENTER CLOSED TODAY 3
7 DEADLINE 07/08 RUTHERFORD CO FARMER'S MKT 9:30 a.m. Understanding Advanced Directives 10:00 a.m. Quilters 1:00 p.m. Seniors Acting Up 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group	8 DEADLINE 07/12 SAVORY SPICE TRIP 8:30 a.m. Rutherford County Farmer's Mkt Trip 9:00 a.m. AARP Board Meeting 10:00 a.m. Knit Group 10:00 a.m. Walk with Ease 10:00 a.m. AARP Meeting 12:00 n Alzheimer's Support Group 1:00 p.m. Beginning Computer Class 1:00 p.m. Happy Clown Rehearsal	9 12:30 p.m. Center Open 3:00 p.m. Watertown Music & Jazz Festival 10
14 8:00 a.m. Summer Celebration Lawn & Garden Show Trip 10:00 a.m. Quilters 10:00 a.m. Let's Play Chess 11:30 a.m. Lunch and Learn 1:00 p.m. Seniors Acting Up 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group	15 DEADLINE 07/20 TN TECHNOLOGY CTR DEADLINE 07/18 GRAND OLD GOLF TRIP DEADLINE 07/19 & 07/20 MYSTERY LUNCH 10:00 a.m. Knit Group 10:00 a.m. Walk with Ease 10:00 a.m. Grief Relief Support Group 1:00 p.m. Beginning Computer Class	16 10:00 a.m. Cumberland County Playhouse Trip 12:30 p.m. Center Open 1:30 p.m. Parkinson Support Group 7:00 p.m. 1950s & 1960s Flair Dance <i>with music by Nashtones</i> 17
21 DEADLINE 07/22 RUTHERFORD CO FARMER'S MKT 9:15 a.m. Northside Clocks Trip 9:30 a.m. New Volunteer Orientation 10:00 a.m. Quilters 10:00 a.m. Let's Play Chess 10:00 a.m. Lunchtime Trivia 1:00 p.m. Seniors Acting Up 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group	22 Today is the last day to sign up for the Washinton D.C. Trip! 8:30 a.m. Rutherford County Farmer's Mkt Trip 10:00 a.m. Knit Group 10:00 a.m. Walk with Ease 12:00 n Labor of Love Caregiver Support Group 5:00 p.m. Arts Center of Cannon County pres-ents "The Little Mermaid" Trip	23 9:00 a.m. Saturday Adventures Cumberland Caverns 12:30 p.m. Center Open 24
28 DEADLINE 07/30 IRISH PICNIC TRIP 9:00 a.m. Mixed Media "Stippling on Gold" 10:00 a.m. Quilters 10:00 a.m. Let's Play Chess 10:00 a.m. Ask the Doctor "Vascular Health" 1:00 p.m. Seniors Acting Up 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group	29 10:00 a.m. Knit Group 10:00 a.m. Walk with Ease Wii Bowling League The National Senior League Wii Bowling Fall session begins August 15. If you're interested in Wii bowling with our league teams, see Lisa Foster, Program Coordinator. Come and join us. It's FUN!	30 9:00 a.m. St. Patrick Irish Picnic & Homecoming 12:30 p.m. Center Open NO PASTEL PORTRAIT CLASS IN JULY CLOWNS DO NOT MEET IN JULY.

HEALTH & FITNESS


MONDAYS	TUESDAYS	WEDNESDAYS
<p><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark</p> <p>9:15 a.m. Zumba® Gold</p> <p>10:30 a.m. Beginning Tap</p> <p>11:20 a.m. Intermediate Tap</p> <p>12:30-4:15 p.m. Open Gym</p> <p><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot</p> <p><u>UPPER DINING ROOM</u></p> <p>9:30 a.m. Line Dance Practice/Judy</p> <p><u>NURSE STATION</u></p> <p>9:30 a.m. Blood Pressure Clinic</p>	<p><u>EXERCISE ROOM</u></p> <p>8:30 a.m. Core Strength: Intermediate</p> <p>8:45 a.m. Senior Strength: Intermediate</p> <p>9:30 a.m. Dancercise: Advanced</p> <p>10:25 a.m. Core Strength: Beginning</p> <p>10:40 a.m. Senior Strength: Beginning</p> <p>12:00 n Tai Chi Class</p> <p>1:00 p.m. GO4Life</p> <p>3:00-4:15 p.m. Open Gym</p> <p><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning</p> <p>9:30 a.m. Line Dance Practice/Delia</p> <p><u>UPPER DINING ROOM</u></p> <p>1:15 p.m. Intermediate Line Dance with Tom</p> <p>3:15 p.m. Ballroom Dance Class</p>	<p><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark</p> <p>9:15 a.m. GO4Life</p> <p>11:30 a.m.-4:15 p.m. Open Gym</p> <p><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot</p> <p><u>UPPER DINING ROOM</u></p> <p>2:00 p.m. Beginner/Intermediate Line Dance</p> <p>Check bulletin board behind the reception desk for any daily changes!</p>
THURSDAYS	FRIDAYS	SATURDAYS
<p><u>EXERCISE ROOM</u></p> <p>8:30 a.m. Core Strength: Intermediate</p> <p>8:45 a.m. Senior Strength: Intermediate</p> <p>9:30 a.m. Dancercise: Advanced</p> <p>10:25 a.m. Core Strength: Beginning</p> <p>10:40 a.m. Senior Strength: Beginning</p> <p>12:00 n Tai Chi Class</p> <p>1:00 p.m. GO4Life</p> <p>2:00-4:15 p.m. Open Gym</p> <p><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning</p> <p>9:30 a.m. Line Dance Practice/Delia</p>	<p><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Gentle Fitness with Mark</p> <p>9:15 a.m. GO4Life</p> <p>11:30 a.m.-4:15 p.m. Open Gym</p> <p><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot</p> <p>A description of fitness classes may be obtained from the display case behind the reception desk.</p> <p>Some of the exercise programs may include activities that require extra strength or endurance. Before you begin ANY exercise program, be sure and check with your personal physician and see if you are healthy enough to exercise.</p> <p>If you have any questions about any of our fitness programs, please be sure to talk with the instructor. We care about your safety, health and wellness!</p>	<p>Classes/Programs with a monthly fee are GREEN.</p> <p>Classes/Programs are NOT prorated.</p> <p>Classes/Programs with a NO fee are BLUE.</p> <p>Classes with a fee are not prorated. You pay for them at the beginning of the month for that month's class, unless otherwise noted.</p> <p>The fitness equipment (treadmill, recumbent bike, weight machine) is available to use whenever a class is not in the exercise room. Please check the schedule for any changes that may occur on a daily/weekly basis.</p> <p>CLASS FEES</p> <p>Yoga: \$15 per month</p> <p>Zumba® Gold: \$10 per month</p> <p>Zumba® Gold Toning: \$15 per month</p> <p>Zumba® Combo: \$20 per month</p> <p>Beginning Tap: \$15 per month</p> <p>Intermediate Tap: \$15 per month</p> <p>Tai Chi: \$15 per month</p> <p>Ballroom Dance: \$15 per month</p> <p>Gentle Fitness with Mark: \$10 per month</p>

PROGRAMMING

The following list contains classes and events with **NO FEES**. You may make a reservation for them by calling 848-2550 or in person at the reception desk.



FRIDAY JULY 1 12:30-2:00 p.m.	PATRIOTIC/SUMMERTIME PARTY Join us as we listen to the sounds of our wonderful Singing Seniors celebrating the USA! Refreshments will be served.	Limit 120 No Deadline
WEDNESDAY JULY 6 1:00-2:00 p.m.	"DETAIN THE STRAIN" An educational event for participants to come and learn about stress. Learn about causes of stress and ways to reduce those stress causes, also, to take a break to unwind by making stress kits.	Limit 12 No Deadline
MONDAY JULY 11 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "GOOD PLANTS AND SHRUBS FOR BIRDS" Do you want to make a special habitat in your yard for birds? Jack Smith will give tips and suggestions on which shrubs and plants are good for birds.	Limit 40 No Deadline
TUESDAY JULY 12 9:30 a.m.	NEW PARTICIPANT ORIENTATION Rules and regulations, take a tour of the Center and meet the staff.	Limit 50 No Deadline
THURSDAYS JULY 14, 21 & 28 10:00 a.m.-2:00 p.m.	LET'S PLAY CHESS Interested in playing Chess with like-minded folks? Please sign up to make your reservation to play. We will meet in the computer lab at 10:00 a.m. and get paired up. If you have a chess board and pieces to use, please bring them. End time depends on game play. All games must complete.	Limit 6 No Deadline
THURSDAY JULY 14 11:30 a.m.-1:00 p.m.	LUNCH AND LEARN "DYSFUNCTIONAL AND BLENDED FAMILIES" Today's topic is "Dealing with Dysfunctional and Blended Families at the Time of Death" with guest speaker, Milton Stanley, Chaplain with Avalon Hospice.	No Limit No Deadline
THURSDAY JULY 21 9:30 a.m.	NEW VOLUNTEER ORIENTATION Rules and regulations, take a tour of the Center and meet the staff.	Limit 50 No Deadline
THURSDAY JULY 28 10:00 a.m.-12:00 n	ASK THE DOCTOR "VASCULAR HEALTH" Dr. Charles Drummond will come and speak on vascular health and chronic wounds. Do you have tired, heavy legs, varicose veins, PAD? These and other issues with veins and arteries, as well as wound care, will be discussed After the class, there will be ABI screenings for peripheral arterial disease, as time allows. When signing up indicate if you want the test.	Limit 40 Deadline 07/25
MONDAY AUGUST 8 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "MOLES AND VOLES" What is a ground mole and what is a vole? Have you ever seen one? What will they do to my garden and yard? How do I deter them or get rid of them? Taught by Jack Smith, Master Gardener.	Limit 40 No Deadline

STOP AND READ THIS! The following classes require payment at registration. Registration for the following classes must be handled in person at the reception desk of the Senior Center. **Payment is accepted via check or cash only.** Thanks!

FRIDAY JULY 1 9:00-11:00 a.m.	PAINTING WITH LIZ "WATERFALL" Newcomers welcome! All supplies provided. Liz Farar teaches you how to oil paint a nice picture. You will take home a completed work of art at the end of this class.		CLASS FEE \$20 Min 5/Max 12 Deadline 06/28
MON./WED/ FRI. IN JULY BEGINS 07/06 1:00-3:00 p.m.	BEGINNING COMPUTER CLASS If you're brand new to computing or if you want a great review of basic computing, here is your chance. Instructor, Terry Zumbro introduces you to the work of the computer. This is a very basic course to learn about your computer. Meets 7/6, 8, 11, 15, 18 & 20.		CLASS FEE \$25 Min 4/Max 12 Deadline 07/06
TUESDAYS BEGINS 07/05 ONGOING CLASS 10:00-11:00 a.m.	MOUNTAIN DULCIMER FOR BEGINNERS The haunting sounds of the mountain dulcimer are beautiful. If you've ever wanted to play the dulcimer, now is your chance. Jane McNulty is offering the Beginning Mountain Dulcimer class. It is surprisingly easy to play.		CLASS FEE \$50 PER MONTH Min 4/Max 12 Deadline 06/30

PROGRAMMING

STOP AND READ THIS! The following classes require payment at registration. Registration for the following classes must be handled in person at the reception desk of the Senior Center. **Payment is accepted via check or cash only.** Thanks!

THURSDAY JULY 28 9:00 a.m.-3:00 p.m.	MIXED MEDIA WITH KAREN BRACKMAN “ <i>Stippling in Gold</i> ” If you can make a dot, you can do this mixed media class. Bring a 6 x 9 in canvas board, metallic gold acrylic, one black 00 pen, orange and purple pastel pencil. Karen Brackman is the instructor. Signature mats can be purchased at hobby stores and big box discount stores.		CLASS FEE \$15 Min 5/Max 12 Deadline 07/25
FRIDAY AUGUST 5 9:00-11:00 a.m.	PAINTING WITH LIZ “ <i>Flowers in a Vase</i> ” Newcomers are welcome! All supplies provided. Liz Farar teaches you how to oil paint a nice picture. You will take home a completed work of art at the end of this class.		CLASS FEE \$20 Min 5/Max 12 Deadline 08/02
MONDAYS IN AUGUST 1:30-3:00 p.m.	WRITE NOW! Everyone has a story! If you are interested in putting your stories into word, this is the class for you! Write Now! is an informal memoir/creative writing class designed to inspire and equip aspiring writers with the tools needed to create provocative, well-written stories. Class meets 08/8, 15, 22 & 29.		CLASS FEE \$20 Min 8/Max 15 Deadline 07/25
WEDNESDAYS IN AUGUST 1:00-3:00 p.m.	PIECING AND HAND QUILTING CLASS FOR BEGINNERS Get some hands- on experience in quilting! This hand quilting class teaches the basics of quilting to the beginning student. There will be four 2-hour session. The students will work on a small quilt project. On the first day of class, you will be given a supply list for the next class. Students will make a different pattern than in the first beginner’s class. Instructor is Rosemary Sadler and volunteers Judy Merrill and Diane Parker.		CLASS FEE \$20 Min 4/Max 8 Deadline 08/03

*Creativity at St. Clair
with Adventures in Art*

Everyone enjoyed a painting party in the “Adventures in Art” class held in February of this year.











This class was taught by Susanne Carter as one of the new and innovative programs offered at St. Clair.











TRIPS

STOP AND READ THIS! The following trips require payment at registration. Registration for the following trips must be handled in person at the reception desk of the Senior Center. Payment is accepted via check or cash only. Please note deadlines, participant limits and any cost involved. If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks! You may sign up for these trips now! Please arrive for trips 30 minutes before departure time.

FRIDAY JULY 1 8:30 a.m. 3:30 p.m. Deadline: 06/30	SMITHVILLE JAMBOREE Since its beginning in 1972, the old-time Smithville Fiddlers' Jamboree and Crafts Festival has grown into a major event, drawing hundreds of musicians and crafts people, as well as many thousands of spectators from throughout the world. If you love Appalachian music, buck dancing, clogging and more, then come out and celebrate these timeless bluegrass traditions. Bring money for crafts and food.	BRING \$ TRANSPORTATION \$8 Limit 14 COST: \$-\$\$ 
FRIDAY JULY 8 8:30 a.m. 10:00 a.m. Deadline: 07/07	FARMERS MARKET The Rutherford county Farmers' Market is a Producer-Only Farmers Market that accepts credit, debit, and EBT payments. Market vendors hail from over 20 Middle TN counties and sell a wide variety of seasonal fruits and vegetables, meats, eggs, baked and canned etc... This is a free trip provided for the promotion of your health! Bring money for purchases.	BRING \$ TRANSPORTATION \$0 Limit 13 COST: \$ 
SATURDAY JULY 9 3:00 p.m. 9:00 p.m. Deadline: 06/30	WATERTOWN MUSIC AND JAZZ FESTIVAL You will not want to miss the deep rich sound of Lillie Syracuse, one of Nashville's up and coming singers, as she sings favorites from Patsy Cline, Loretta Lynn and Jerry Lee Lewis. Following Lillie Syracuse will be The Jazz Alliance, The David L. Harris Quartet and The Vantrease Jazz Band and more! This will be a great night of dancing and singing at Watertown's Historic downtown square. Bring money for crafts and food.	BRING \$ TRANSPORTATION \$8 Limit 14 COST: \$-\$\$ 
MONDAY JULY 11 11:00 a.m. 4:30 p.m. Deadline: 07/08	TRAIL BLAZERS TO ROCK ISLAND STATE PARK Rock Island State Park is an 883 acre park located on the headwaters of Center Hill Lake at the confluence of the Caney Fork, Collins and Rocky Rivers. The rugged beauty of the park includes the Caney Fork Gorge below Great Falls Dam. These overlooks are some of the most scenic and significant along the Eastern Highland Rim. Great Falls is a 30 foot horseshoe cascading waterfall, located below the 19th century cotton textile mill that it powered over 100 years ago. Bring snacks, water and money for lunch.	BRING \$ TRANSPORTATION \$8 Limit 14 COST: \$-\$\$ 
TUESDAY JULY 12 9:30 a.m. 4:00 p.m. Deadline: 07/08	SAVORY SPICE IN FRANKLIN, TN Enjoy a great afternoon in Franklin TN after you go around the world with a spice demonstration at Savory Spice. They specialize in gourmet spice blends and fresh spices that are ground and blended daily in small batches to ensure the highest quality and superior freshness. Choose from more than 160 gourmet spice blends and 300 fresh spices and herbs from traditional spices and seasonings to signature Savory creations. Bring money for crafts and food.	BRING \$ TRANSPORTATION \$8 Limit 14 COST: \$-\$\$ 
THURSDAY JULY 14 8:00 a.m. 7:00 p.m. Deadline: 07/12	SUMMER CELEBRATION LAWN AND GARDEN SHOW, JACKSON, TN Summer Celebration Lawn & Garden Show at the West Tennessee Agriculture-Research and Education Center in Jackson, TN. This celebration will host many speakers on various gardening and plant topics from herbs, woody goodies, clean eating, fruits and more. Along with the demonstrations there will also be pottery, photography, crafts and fine arts to enjoy. Bring money for lunch, crafts and plants.	BRING \$5 TRANSPORTATION \$8 Limit 14 COST: \$-\$\$ 
SATURDAY JULY 16 10:00 a.m. 7:00 p.m. Deadline: 06/15	CUMBERLAND COUNTY PLAYHOUSE, CROSSVILLE, TN "SMOKE ON THE MOUNTAIN" THE DEADLINE HAS PASSED A WAIT LIST IS AVAILABLE. Smoke on the Mountain. Escape to Mt. Pleasant, North Carolina for the 23rd year! The enthusiastic new minister of Mt. Pleasant Baptist has enlisted the Sander's Family for the church's first ever Saturday night Gospel Sing. Between singing and playing two dozen bluegrass songs, the family shares their witness. Bring money to eat. The admission covers three courses of play. Recently opened an 18-hole indoor course.	ADMISSION: \$23 TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
MONDAY JULY 18 9:15 a.m. 3:00 p.m. Deadline: 07/15	GRAND OLD GOLF IN NASHVILLE The Best Miniature Golf Courses in the South! Grand Old Golf & Go-karts offers more than a typical miniature golf course, with three separate courses designed to mimic Tennessee's amazing and unique landscape. Professionally landscaped and meticulously crafted, the courses are challenging yet perfect for all ages. Bring money for lunch, go-karts, and fun!	BRING \$19.95 TRANSPORTATION \$8 Limit 14 COST: \$-\$\$ 


TRIPS

STOP AND READ THIS! The following trips require payment at registration. Registration for the following trips must be handled in person at the reception desk of the Senior Center. Payment is accepted via check or cash only. Please note deadlines, participant limits and any cost involved. If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks! You may sign up for these trips now! Please arrive for trips 30 minutes before departure time.

TUESDAY JULY 19 11:00 a.m. 4:00 p.m. Deadline: 07/15	MYSTERY LUNCH It's a mystery... In the Nashville area. Bring money for lunch.	BRING \$ TRANSPORTATION \$8 <i>Limit 14</i> COST: \$-\$\$ 
WEDNESDAY JULY 20 9:30 a.m. Until done Deadline: 07/15	TENNESSEE TECHNOLOGY CENTER FIELD TRIP This trip is for nonmedical foot care, manicures, hair wash and style or haircuts. An annual fee of \$5 is due your first trip. Each service is \$5. We leave the center at 9:30 a.m. Be here at 9:00 a.m. If you want to go on your own or on a different day, call 615-898-8010 ext. 118 to make an appointment. If you want more than two services done you must go on your own.	BRING \$ TRANSPORTATION \$0 <i>Limit 10</i> COST: \$ 
WEDNESDAY JULY 20 11:00 a.m. 4:00 p.m. Deadline: 07/15	MYSTERY LUNCH Same trips as on the 19th. You just pick which day you want to go!	BRING \$ TRANSPORTATION \$8 <i>Limit 14</i> COST: \$-\$\$ 
THURSDAY JULY 21 9:15 a.m. 2:30 p.m. Deadline: 07/19	NORTHSIDE CLOCKS, MANCHESTER, TN Do you have a love of clocks? Have you ever wondered how complex clocks operate? This trip visits Howell B. Rust a third generation Horologist whose family has been repairing and restoring all types of clocks; Antique and New for the last 59 years. Mr. Rust will give a demonstration on the complexity and intricacies of clocks. You will also have a chance to view the more than 600 clocks from around the world in the Northside Clocks showroom. Bring money for lunch and any purchases you may make.	BRING \$ TRANSPORTATION \$8 <i>Limit 14</i> COST: \$-\$\$ 
FRIDAY JULY 22 8:30 a.m. 10:00 a.m. Deadline: 07/20	FARMERS MARKET The Rutherford county Farmers' Market is a Producer-Only Farmers Market that accepts credit, debit, and EBT payments. Market vendors hail from over 20 Middle TN counties and sell a wide variety of seasonal fruits and vegetables, meats, eggs, baked and canned etc... This is a free trip provided for the promotion of your health! Bring money for purchases.	BRING \$ TRANSPORTATION \$0 <i>Limit 13</i> COST: \$ 
FRIDAY JULY 22 5:00 p.m. 10:00 p.m. Deadline: 07/20	THE ARTS CENTER OF CANNON COUNTY "DISNEY'S® LITTLE MERMAID" Set under and above the high seas, The Little Mermaid tells the story of Ariel, an adventurous young mermaid who's got a thing for disobeying the rules and following her heart. Ariel's fascination with the human world often leads her to the sea surface, a zone that's designated as "off-limits" by her father Triton, the sea king. One day while sneaking to the surface, Ariel witnesses a shipwreck and rescues Prince Eric, with whom she become instantly smitten. Furious at Triton's inability to understand her love for the prince, Ariel runs away and strikes a deal with Ursula, Triton's evil witch of a sister, to experience the life she dreams of on land. Bring money for dinner.	ADMISSION \$12 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ 
SATURDAY JULY 23 9:00 a.m. 4:00 p.m. Deadline: 07/20	SATURDAY ADVENTURES: CUMBERLAND CAVERNS Come and discover underground Tennessee! Bring a jacket and wear good walking/hiking shoes. Dirt and rock walkways are common, as are many slopes and stairs. This is a great, fun trip, but isn't for those with problems walking. Bring money for a late lunch and be sure to eat a hearty breakfast before you go.	BRING \$22.50 TRANSPORTATION \$8 <i>Limit 13</i> COST: \$-\$\$ 
MONDAY JULY 25 9:30 a.m. 4:30 p.m. Deadline: 07/22	FRIST CENTER PRESENTING BELLISSIMA! Presenting Bellissima! The Italian Automotive Renaissance 1945-1975 at the Frist Museum Celebrate the visual dynamism and spirit of innovation characterizing Italian coach built cars, concept cars and motorcycles produced during the post-World War II economic revival. With their startling, often sensual designs. Italian cars had an immense influence on the automotive industry around the world in racing and design. Admission is 1/2 off on Senior Mondays. Bring \$6. Bring money for lunch.	BRING \$6 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ 

TRIPS

STOP AND READ THIS! The following trips require payment at registration. Registration for the following trips must be handled in person at the reception desk of the Senior Center. Payment is accepted via check or cash only. Please note deadlines, participant limits and any cost involved. If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks! You may sign up for these trips now! Please arrive for trips 30 minutes before departure time.

SATURDAY JULY 30 9:00 a.m. 5:00 p.m. Deadline: 07/28	ST. PATRICK IRISH PICNIC AND HOMECOMING In what the Guinness Book of World Records has called the largest outdoor barbecue celebration, the St. Patrick Irish Picnic and Homecoming in McEwen, Tennessee, is an annual tradition since 1854 that features a world-famous chicken and secret hot sauce dish. Additional attractions during the two-day engagement include traditional and contemporary Irish music, games and dancing. Bring money for lunch and vendors and the unknown.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ 
Friday, July 22 Last day to sign up!	WASHINGTON D.C. OUR NATION'S CAPITAL! Get away and explore Washington D.C. and explore some of the highlights of your capital including two tours of Washington D.C., the WWII Memorial, Capital Hill, Embassy Row, the Korean War Veterans Memorial, The Vietnam Veterans Memorial, The Smithsonian, The Martin Luther King Jr. National Memorial, The Lincoln Memorial and more! This is going to be a great trip at a great price of only \$534.00 per person, double occupancy! Sign-ups close after July 22, 2016 so sign up today to not miss this great opportunity!	\$524.00 per person double occupancy

ATTENTION!

Starting in August all Monday-Friday day trips will leave from
 New Vision Baptist Church Parking Lot
 1750 N Thompson Ln, Murfreesboro, TN 37129

NOTE: If you carpool, taxi, Uber or live at Westbrooks Towers you do not have to meet at New Vision Baptist for day trips. You will leave from St. Clair.

- Please continue to park in the lower lot when going on a day trip.
- We will soon move day trip parking to New Vision Baptist Church
- Also, please remember that we strive to return from trips on time if not early. However, there can always be unknown delays that are unforeseen that may cause a trip to return later than expected.

Watch for more information

Coming this September



A mystery written and directed by Charly Parker

Produced by St. Clair Seniors Acting-Up

NEW PARKING ARRANGEMENT ANNOUNCED

In an effort to relieve parking congestion at St. Clair Street Senior Center. All Day Trip participants are being asked to park at New Vision Baptist Church. **This only applies to those who drive a vehicle to St. Clair.** This has created some confusion with those who live at Westbrook Towers and who taxi to St. Clair. Those who live at Westbrook Towers or who taxi, Uber and take public transit to St. Clair **will still be picked up at St. Clair.** We thank you for your continued interest and participation at St. Clair and look forward to serving you in the future.

In the mean time we would like to thank the participants for their understanding and patience in the month of June and July due to the bus being out of service for safety issues. We had to either cancel or reschedule trips in June that participants were looking forward to. I would like to express that canceling a trip is just as disappointing to us as it is to you. However, St. Clair has the responsibility of your

safety in every trip, program and service that we offer. ***We reserve the right to make a cancellation as needed due to weather or maintenance issues etc. as needed that may jeopardize your safety.*** We appreciate your cooperation in these situations and we apologize for any inconvenience in advance. Again, thank you.

Drew Anderson, Travel Coordinator



Pictured above is New Vision Baptist Church Parking Lot. Directions are available in the Travel Office.

2017 Premier Trips Preview

PANAMA CANAL
January 6, 2017
14 Day excursion
\$2,699.00
per person
double occupancy

CALIFORNIA
RAIL DISCOVERY
Departs May 3, 2017
7 day excursion
\$2,595.00
per person
double occupancy

NOVA SCOTIA
Departs July 12, 2017
9 Day excursion
\$2,895.00
per person
double occupancy

ALBUQUERQUE
BALLOON FESTIVAL
October 13, 2017
6 Day excursion
\$2,145.00
per person
double occupancy

Stop by and see Drew Anderson in the Travel Office for more information about these trips.

POLICIES & PROCEDURES

TRIP RESERVATION & POLICY INFORMATION

In the interest of fairness for all individuals, Senior Center policies for trip reservations are: Sign up for trips and payment where applicable are taken beginning on the day the participants receive the LEAF (Senior Center newsletter) or posting of trip on Center bulletin board by staff. The only exceptions are when trips must be paid for and booked further in advance.

- Reservations are taken on a first come first served basis beginning at 8:00 A.M.
- Day trip reservations are sold as individual seats. Participant may sign up one additional person with payment.
- Long trips (Bus/Train/Cruises/Gambling) are sold as double occupancy rooms. Participant may sign up for one additional room with payment.
- Staff will set the number of seats or rooms per trip. A waiting list will be created when we pass set number.
- The individual called from the waiting list has 24 hours to come in and make their reservation; unless the trip leaves prior to the 24 hour time.
- St. Clair Street Senior Center does not find roommates for single travelers.
- Insurance is recommended for all long trips. Insurance is highly recommended for travelers that sign up with someone other than spouse.
- Participant must notify staff during initial sign up of trip if they require space for handicap devices (wheelchairs, walkers) or if they require a caregiver.
- St. Clair Street Senior Center does not provide staff or escorts for individual care on trips (caregivers). Travelers must be able to manage personal time, luggage and personal care while traveling. Travelers needing a caregiver must notify staff during initial sign up. The Director must approve caregiver and payment for caregiver must be paid at that time.
- If Director is notified by trained escorts or staff that a participant traveling requires more care than we offer, Director can require participant to have a caregiver when traveling with St. Clair Street Senior Center or be denied travel.
- In order to be economically feasible, there must be 10 paid reservations for a trip going to a destination outside Rutherford County.

REFUND POLICY

The refund policy, for any activity for which there is an admission charge, supply donation, van donation, etc., is as follows:

Refunds will be available if:

- The participant who has signed up for that activity cancels before the deadline.
 - The activity is cancelled by the Center staff because of lack of participant interest or Center closure.
 - The deadline has passed and the participant cancels and there is someone to take the cancelled participant's place.
- It is the responsibility of the participant to complete a Request for Refund at the Reception Desk as soon as possible. Refunds will be made payable to the person that makes initial payment.

REFUND CHECKS ARE NOT MAILED, they must be picked up at the Center. Allow a minimum of 10 business days for the processing of your check. A reminder will be posted on the myseniorcenter system when we receive your check. Be sure you scan in each day!

NO refunds will be given if:

- The participant fails to notify the Center staff in sufficient time of their intent to cancel and a reasonable attempt cannot be made to fill the cancellation.
- There is no one to take the cancelled participant's place.
- More than 30 days has passed since the date of the activity.
- Advanced admissions have been mailed and are deemed nonrefundable by the company (i.e. Schermerhorn Symphony, Grand Ole Opry, TPAC).
- There is no one to take the cancelled participant's place after deadline set by staff has passed.

ST. CLAIR STREET SENIOR CENTER PRESENTS

Washington, DC - Our Nation's Capital

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in the Washington, DC area
- 8 meals 5 breakfasts and 3 dinners
- Two full-day Guided Tours of Washington, DC
- Our Tours feature the WW II Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, and more!
- Evening Guided Memorial and Monuments Tour
- For more pictures, video and information visit: www.GroupTrips.com/StClairStreet

\$534 *

6 DAYS 5 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Thu - Tue)

Sep 29 - Oct 4

2016

Departure: City Garage, 111 W Vine, Murfreesboro, TN @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped Motorcoach and set off for our Nation's Capital - Washington D.C. Tonight, check into an en route hotel for a good night's rest.

Day 2: Today, after enjoying a Continental Breakfast you will continue towards Washington, D.C. Upon arrival, enjoy a relaxing Dinner and check into your Washington D.C. area hotel.

Day 3: Enjoy a Continental Breakfast before departing for a full-day Guided Tour of Washington, D.C. Some of the awe-inspiring sights on this fantastic tour will include the US Capitol, the White House, the National Archives, Embassy Row, and Georgetown. During the day, you will see the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial, and several War Memorials. This evening, enjoy Dinner at a local restaurant before continuing on the Guided Memorial and Monuments Tour.

Day 4: Begin the day with a Continental Breakfast. Today's Guided Tour includes such poignant and inspirational sights as Arlington National Cemetery, including the Tomb of the Unknowns, and Kennedy Graves, as well as the two Jima Memorial. You'll also enjoy a visit to the Smithsonian Institution. Later, you'll enjoy Dinner with entertainment before returning to your hotel for the night.

Day 5: Enjoy a Continental Breakfast before leaving for the Woodrow Wilson Museum, housed in an adaptively renovated chateau style mansion adjacent to Woodrow Wilson's Birthplace. This evening, relax at your en route hotel.

Day 6: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
With Diamond Tours Exclusive Traveler's Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$170 for single occupancy. Final Payment Due: 7/22/2016

FOR INFORMATION & RESERVATIONS CONTACT:

St. Clair Street Senior Center @
(615) 848-2550

Diamond Tours INC.
Bringing Group Travel to a Higher Standard®

Firm ID: 4000-600106

Myrtle Beach Holiday Show Trip

If you love going to shows then you will love the **Myrtle Beach Holiday Show Trip & Charleston, South Carolina** departing November 27 for 7 days.

Your show trip will include *Legends in Concert's Christmas* show, *Carolina OPRY Christmas Special*, *Alabama Theatres Christmas Show* and *Christmas Wonderland at the Palace Theatre*. A guided tour of Charleston, South Carolina. A visit to Broadway At The Beach and Admission to the Amazing BrookGreen Gardens.

This is a great trip at a great price of only \$679 per person, double occupancy!

PREMIER WORLD DISCOVERY

Coming In 2019

Average Cost 8,000 Per Person

Best of Australia & New Zealand

2019

16 Days

Highlights

- Cruises - 3 Night Stay
- Catamaran Cruise to Great Barrier Reef
- Great Barrier Reef
- Sydney - 3 Night Stay
- Sydney Opera House Tour
- Sydney Wildlife World
- Sydney Harbor Dinner Cruise
- Canberra City Tour
- Aussie Sheep Station & BBQ Lunch
- Melbourne City Tour
- New Zealand's North & South Islands
- Christchurch & Queenstown
- Rotorua
- Maori Village & Thermal Reserve
- Rainbow Springs Nature Park
- Maori Hangi Feast
- Waitomo Glow Worm Caves
- Auckland

Inclusions

- Roundtrip Airfare
- Int'l Air Departure Taxes/Fuel Surcharges
- 4 Inner-Tour Flights
- 22 Meals (12-B, 1-OB, 2-L, 7-D)
- Professional Tour Director
- 13 Nights First Class Hotels
- Motorcoach Transportation
- Admissions & Sightseeing per Itinerary
- Hotel Transfers
- Baggage Handling

Tour Rates

Booking Discount - Save \$400 per couple!

Contact Information

Premier World Discovery • Attn: Group Leader
2615 - 190th Street, Suite 200 • Redondo Beach, CA 90278
877.953.8637
info@premierworlddiscovery.com Booking #8888

PREMIER WORLD DISCOVERY

Average Cost 8,000 Per Person

South Africa

Coming In 2018

featuring Zambia & Victoria Falls

12 Days

2018

Highlights

- South Africa & Zambia
- Victoria Falls
- Cape Town City Tour
- Kruger National Park
- Three Game Drives/Safaris
- Table Mountain Gondola Ride
- Wine Country & Tasting
- Cape of Good Hope
- Kirstenbosch Botanical Gardens
- Professional Safari Rangers
- South African Museum
- Zambezi River Cruise
- Open Air Boma Dinner

Inclusions

- Roundtrip Airfare
- Int'l Air Departure Taxes/Fuel Surcharges
- 19 Meals: 8-Breakfasts, 4-Lunches, 7-Dinners
- Inner Tour Flights
- Local Trip Expert/Guide
- Professional Tour Director
- Motorcoach Transportation
- Admissions per Itinerary
- Comprehensive Sightseeing
- Baggage Handling

Booking Discount - Save \$400 per couple!

Contact Information

Premier World Discovery • Attn: Group Leader
2615 - 190th Street, Suite 200 • Redondo Beach, CA 90278
877.953.8637
info@premierworlddiscovery.com Booking #8888

DON'T FORGET THESE 2016 TRIPS

Premier Trip to
Canadian Rockies • July 20-27

Ride the Rail West Virginia
with White Star • September 6-9

Great Trains & Grand Canyon
with Premier • October 9-15

French Riviera with
Premier Travel • November 1-10

Information on all travel at St. Clair can be found in the Welcome Center on the left as you enter the building.

Stop by and talk to Drew Anderson, Travel Coordinator, with any questions that you may have.

AROUND THE CENTER

“The Gardener’s Corner”

By Jack Smith, Certified Master Gardener

It’s that time of year again when you walk out to the mailbox and break out in a sweat. But it is time to start planning your fall vegetable garden. Late July is the time to start seeding your winter broccoli, cauliflower and brussel sprouts to be transplanted into the garden in mid-August. It is also time to give your chrysanthemums an asters a last pinching no later than mid-July. Also cutback by one-third early planted annuals that are getting leggy or out of control to keep them looking good into fall. Spray bagworms in early July. Don’t prune trees and shrubs after July 4th, since pruning stimulates growth, forcing out tender new growth which won’t have time to “harden off” before the cold of winter sets in. In addition spring blooming trees and shrubs start making next year’s flower buds in July. So pruning any time after July through spring bloom time would remove the flower buds and reduce the bloom potential. Apply a 3” layer of organic mulch as far out as possible around all trees and shrubs. The larger the mulch ring the happier your trees

and shrubs will be.

Mulching around vegetables can conserve soil moisture by as much as 50%, help prevent nutrient leaching, keep vegetables cleaner, and reduce disease problems. Try organic mulch such as straw or grass clippings, spread newspaper around your plants and water it down to hold all of this in place. To prevent squash vine borer, spray the base of squash plants from first bloom until harvest. Vegetable crops need about one inch of water per week. Do not sprinkle foliage in the evening or disease problems will increase. If using an overhead sprinkler, adjust the rate of water application to about ½ inch per hour to prevent runoff. Daytime temperatures above 90 degrees prevent snap bean and tomato flowers from developing or else the flowers may drop off.

Keep bird baths clean and filled with water throughout the summer. Control mosquitoes by eliminating all sources of stagnant water.

BINGO @ ST. CLAIR

Tuesdays & Thursdays at 10:30 a.m. • No registration required. Donations accepted.

- TUESDAY 07/05 Bingo with Aid & Assist at Home/Kathy Keen
- THURSDAY 07/07 CANCELLED
- TUESDAY 07/12 Bingo Roselawn Funeral Home & Memorial Garden
- THURSDAY 07/14 Bingo with The Bridge at Hickory Woods & Life Care Center of Hickory Woods
- TUESDAY 07/19 Bingo with HealthSouth of Franklin
- THURSDAY 07/21 Bingo with Diversicare of Smyrna
- TUESDAY 07/26 Bingo with Willowbrook Home Health & Hospice
- THURSDAY 07/28 Bingo with At Home Health Care

COMING SOON
FRIDAY, AUGUST 12

Luau Dance
at 7:00 p.m. Dance to music by
Debbi Bailes Band
\$5 at the door
Doors open at 6:00 p.m.
Refreshments at 6:30 p.m.

POOL
Room
News

Coed Tournament
05-09-16

- 1. Aki Dean/Ed Zelan
- 2. Lue Simerly/Larry Thrasher
- 3. Sally Read/Laird Weishahn

Ladies’ Tournament
05-16-16

- 1. Eileen Grant
- 2. Teresa Rains
- 3. Aki Dean

Men’s Tournament
05-17-16

- 1. Ed Pater
- 2. Jack Hughes
- 3. Ed Zelan

Below are some commonly used acronyms that may appear in the newsletter.

MPRD = Murfreesboro Parks & Recreation Department
SCSSC = St.. Clair Street Senior Center
MCHRA = Mid-Cumberland Human Resource Agency

ADS = Adult Day Service
NOD = Nurse on Duty

JULY 2016

**St. Clair Street
Senior Center**
Living Every Adventure Fully

325 St. Clair Street
Murfreesboro, TN 37130
848-2550

Hours of Operation: Monday - Friday

8:00 a.m. - 4:30 p.m.

Saturday from 12:30-3:30 p.m.

Visit us on the web at

www.murfreesborotn.gov/seniorcenter

SENIOR DINING/MEALS ON WHEELS

Debbie Willis, Site Coordinator

Call 895-1870 for lunch reservations.

Lunch served Monday-Friday @ 11:30 a.m.
(unless otherwise noted).

MCHRA TRANSPORTATION

615-890-2677



PRSRT STD
U. S. POSTAGE PAID
Nashville, TN
Permit No. 781

DONATIONS & STAFF

DONATIONS for MAY 2016

Bingo \$ 7.75
Quilting \$ 00.00
Popcorn \$ 00.00
Coffee \$ 73.95

Donations: Sherry Bagwell, Pyong Cahill,
Thomas Oakes, Deborah Sims, George Stark,
St. Rose Bridge Group, United Way of Ruther-
ford and Cannon Counties

THANK YOU ALL
FOR YOUR KIND DONATIONS
TO THE CENTER!

ST. CLAIR STREET SENIOR CENTER STAFF

Director Connie Rigsby	Administrative Aide II Diane Smith	Custodians T.J. Key Kerry Young
Administrative Aide I Kim Harding Todd	Administrative Aide I Sarah Beckman	Care Program Specialist Dee Brown
Program Coordinators Drew Anderson Brenda Kiskis Elliott Lisa S. Foster	Adult Day Service Program Coordinator Amanda Pullias	ADS Activity Assistants Kathy Herod Randy Huffman
Caregiver Information Coordinator Cindi Thomas	Nurse Laura Grissom	Administrative Support Specialist Carol Ransom
Facility Attendant Deborah Woodward		Van/Bus Drivers Kirby Jeffreys

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. (Title VI of the Civil Rights Act of 1964)

This project is funded under agreement with Greater Nashville Regional Council and funded in part by the United Way.